

OPTAVIA Healthy Habits eNewsletter

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Condiment Control

Adding condiments to your Lean & Green meals is a great way to add flavor and zest to your dining experience!

Keep in mind that condiments can contribute to your overall carbohydrate intake, so pay close attention to your plan and read food labels, especially on items like sauces and dips. Check out the [OPTAVIA Condiment Guide](#) as another resource to help you.

While on plan, condiment servings should contain no more than 1 gram of carbohydrate per serving, so you can enjoy up to three condiment servings per day on the 5 & 1 Plan[®].

Here are some tasty condiment options and alternatives to try:

- **Soy Sauce.** Add one tablespoon of soy sauce to liven up your Asian-inspired dishes! For an even healthier option, try using low-sodium soy sauce.
- **Mustard.** This ballpark favorite is a great condiment! Yellow and Dijon mustard is generally low in both calories and sugar. Feel free to add up to one teaspoon of Dijon or one tablespoon of yellow mustard to your meal!
- **Greek Yogurt.** Add two tablespoons of plain non-fat or low-fat Greek yogurt to your next dish to add a creamy flair to your food.
- **Hot Sauce.** If you like some spice in your bites, you can enjoy up to two tablespoons of hot sauce per serving. This condiment is generally low in calories and adds a delicious spicy twist to your dishes!
- **Fresh Herbs & Spices.** To add even more fresh flavor to your meals, add some seasonal herbs and spices such as basil, turmeric, sage, or rosemary. They are naturally low in calories and offer additional health benefits!

For Lean & Green plan-approved recipes, check out the **OPTAVIA App**, available in the [App \(Apple\)](#) and [Google Play \(Android\)](#) stores. Use the tips above to spice up these meals to your liking!

Connect with me, your independent **OPTAVIA Coach**, for additional innovative ways you can use condiments while staying on plan.



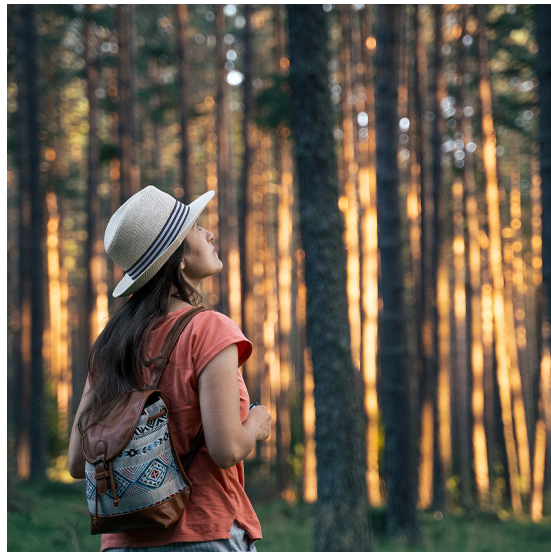
Check out Dr. A's Element Stories [here!](#)

Train Your Mind to Meditate

While physical fitness is a significant component of achieving optimal health, having a clear mind is just as critical for managing your overall wellbeing. In fact, an effective way to manage stress and improve your overall wellbeing is through meditation.

Meditation is considered a type of complementary mind-body medicine. During meditation, you can focus your attention and eliminate the stream of jumbled thoughts that may be crowding your mind and causing stress.

There are many different types of meditation. Consider trying one of these simple, yet effective, ways to incorporate meditation into your routine:



- **Breathe deeply.** This technique is great for beginners because breathing is a natural function. Focus all of your attention on your breathing and concentrate on feeling and listening to your surroundings as you inhale and exhale through your nostrils. *microHabit:* When your attention wanders, gently return your focus to your breathing.
- **Scan your body.** This practice involves focusing your attention on different parts of your body. Become aware of your body's various sensations, whether that's tension, warmth, or relaxation. Combine body scanning with breathing exercises and imagine breathing relaxation into and out of different parts of your body. *microHabit:* *Implement breathing and relaxation exercises*
- **Walk and meditate.** Combining a walk with meditation is an efficient and healthy way to relax, and also implements the habit of healthy motion. You can use this technique anywhere you're walking, such as in your own neighborhood, on a city sidewalk, or even at the grocery store. When using this method, slow down your walking pace to focus on the movement of your body. *microHabit:* *Add 100 steps per week.*
- **Read and reflect.** Believe it or not, reading can be considered a form of meditation. So, grab a book, like *Your LifeBook*, find a relaxing spot, and focus on your reading and breathing. *microHabit:* *Read for 30 minutes each day.*

Ask me, your independent **OPTAVIA** Coach, about other ways to incorporate meditation into your routine, while on your journey to optimal health and wellbeing.



**Eggplant Curry
with Eggs**

Yield: 4 servings

Complete Lean & Green Meal: 1 lean, 3 green, 3 condiments

Total Time: 45 minutes

Ingredients Directions

4 cups
diced
eggplant

¼ tsp salt

2 tsp
minced
fresh ginger
root

2 cloves
garlic,
minced

4 scallions,
trimmed
and sliced
thin

1 tsp cumin

1 tbsp
turmeric

1 tsp
ground
coriander

½ tsp
cayenne
pepper

½ tsp black
ground
pepper

¾ lb.
tomatoes,
diced small

1 cup water

1. In a mixing bowl, toss the eggplant with the salt, ginger, garlic, scallions, cumin, turmeric, ground coriander, cayenne pepper, and black pepper and allow to sit for 15 to 20 minutes.
2. Place the eggplant into a wide skillet and add the tomatoes and one cup of water. Cover the skillet with a lid and begin to cook gently, stirring occasionally, adding water as needed to create a stew.
3. When the eggplants are tender, create 12 little indentations with a ladle into the eggplant stew. Crack a raw egg into each indentation, cover the skillet with a lid, and continue to cook very gently until the eggs are cooked, about 5 minutes.
4. Remove from heat, sprinkle with coriander, and serve hot.

12 eggs

1 tbsp
coarsely
chopped
fresh
coriander
(optional)

Nutrition Per Serving: 280 calories, 22g protein, 15g carbohydrate, 15g fat

Download the **OPTAVIA** App today for additional Lean & Green recipes!



Journey to Success:

Mark

Waking Up to Change Lives

Several years ago, Mark was at a difficult time in his life. He was overweight, extremely depressed, and didn't know where to turn.

Before learning about **OPTAVIA**, he considered gastric bypass surgery because he knew he needed to change. However, he had no energy, motivation, or drive to make these changes.

Shortly after, Mark's wife ran into an old friend who had a complete weight loss transformation. "I had to know how he did it, and he offered to introduce me to his independent **OPTAVIA** Coach. It was the greatest phone call of my life."



After that call Mark decided to get on plan. As time went on, he lost more than 200 pounds* and he is now able to show up for his wife and son in ways he never thought possible.

In the midst of losing weight, Mark knew he wanted to give back by sharing the program that completely changed his life with others. Mark ordered his **OPTAVIA** Business Kit and is now helping **OPTAVIA** Clients lose weight* while changing their lives as well.

"I know there are so many more people that could benefit from **OPTAVIA**, which is why I will never stop sharing my story and how this journey has impacted me. I have fallen in love with being an **OPTAVIA** Coach for this incredible company, and I wake up every morning looking forward to changing more lives!"

Mark is forever grateful to the **OPTAVIA** program, the **OPTAVIA** Community, and he looks forward to many years of inspiring others with the gift he received.

**Average weight loss on the Optimal Weight 5 & 1 Plan® is 12 pounds. Clients are in weight loss, on average, for 12 weeks.*



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